

# Cooking Matters One Time-One Hour Class



## Who is Indy Hunger Network?

Indy Hunger Network is a collaborative organization made up of leading representatives from anti-hunger organizations and corporations in the Greater Indianapolis area. By working together, we make the systems that feed the hungry more efficient and effective. Today, over a dozen projects have been completed with the help of our over 15 partner organizations.



## Who is Cooking Matters?

**COOKING  
MATTERS®**

Cooking Matters is a national culinary and nutrition education program that teaches participants how to make nutritious, and affordable meals. Participants learn, hands-on, by cooking alongside a recipe demonstration from start to finish. Programming is offered both virtually, via Zoom, and in person for kids, families, and adults.

## Session at a Glance

- We discuss nutrition and culinary basics
- Participants are sent home with recipes and ingredients to make the meal covered in class
- Reusable grocery bag and an incentive given to participants who attend class for the entirety of scheduled programming



## Class Overview

Encourages participants to choose a variety of fruits, vegetables, and whole grains everyday and to consider ways to stretch foods across meals.

Covers: Basic knife safety and handwashing, food handling and food safety, healthy choices among each food group, how to plan for leftovers, incorporating healthy snacks and meals at home, shopping tips and meal planning

